# 13th COSCOM

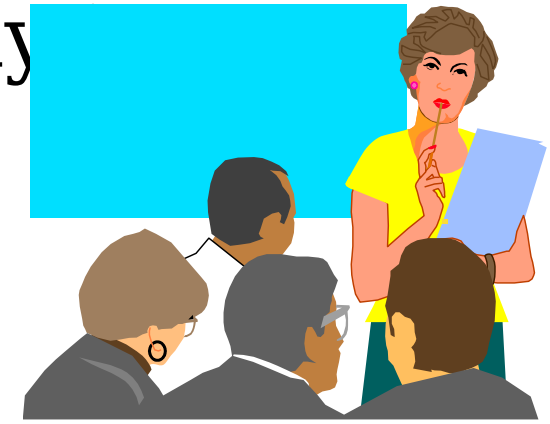
# REUNION BRIEFING

# WHAT IS REUNION?

- Coming Home
- Getting Together again after separation
- Adjustment

# WHY LEARN ABOUT REUNION?

- Changes cause stress
- Separation and reunion affects everyone
- Emotions are especially



# HOW TO PREPARE

- Talk about your feelings
- Recognize heightened anxiety
- Be realistic

# WHAT WE KNOW….

**CONTROL:  SOME SPOUSES HAVE A HARD TIME GIVING CONTROL BACK….**

**SOME HUSBANDS DON'T PAY MUCH ATTENTION TO READJUSTMENT**

**ALMOST 1/2  OF SGT AND BELOW WIVES HAVE LOWERED THEIR POSITIVE ATTITUDES ABOUT MILITARY LIFE**

**30% OF ALL SPOUSES BELIEVE DEPLOYMENTS HARM THEIR MARRIAGES**

**ALMOST HALF OF ALL KIDS BECOME SICK**

**ONE-THIRD OF WIVES HAVE ANGER AND RESENTMENTISSUES OVER THE LOSS OF THEIR**

# BE AWARE…

- Of your expectations
- People Grow
- Communication may be difficult at first
- Roles have changed
- Interests may have changed
- Old problems don’t go away

# HOMECOMING TIPS

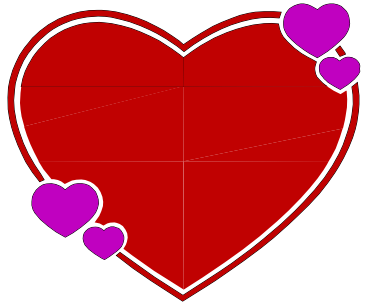
- Make it special
- Stay flexible
- Stay confident
- Negotiate activities
- Make individual time
- Adjust gradually
- Watch out for excesses

# TIPS FOR MARRIED SOLDIERS

- Expect adjustments
- Spend time with entire family
- Don’t change what isn’t broke
- Expect sexual tensions
- Go easy on discipline of children
- Resist spending sprees
- Talk, Talk, and Talk some more

# REESTABLISHING INTIMACY

- Allow each other to adjust
- Communicate your love
- Allow each other space
- Talk about feelings and fears
- Limit intimacy reducers



# TIPS FOR SINGLE SOLDIERS

- Spend time with family
- Spend time with friends
- Choose moderate behaviors
- Recognize changes in you and others

# TAKE ADVANTAGE OF HELP

- Family Readiness Group
- Chaplain
- Army Community Services
- Mental Health

# MAKE IT HAPPY!!

- Create reasonable expectations
- Take time to readjust
- Communicate your feelings

# HAPPY REUNION!!
# MAY GOD BLESS YOU!!!